



NBRC Gym Schedule

November 2-22

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--|--|--|--|--|---|---------------------------------------|
| 6:00am | Open Gym 6:00-7:30 | Open Gym 6:00-7:45 | Open Gym 6:00-7:30 | Open Gym 6:00-7:45 | Open Gym 6:00-7:30 | Open Gym 6:30-8:30 | |
| 6:30am | | | | | | | |
| 7:00am | | | | | | | |
| 7:30am | Drop-in Fit For Life 7:30-8:30 | Drop-In MRT 7:45-8:45 | Drop-in Fit For Life 7:30-8:30 | Drop-In MRT 7:45-8:45 | Drop-in Fit For Life 7:30-8:30 | Barbell Circuit 8:30-9:30 | Open Gym |
| 8:00am | | | | | | | |
| 8:30am | | | | | | | |
| 9:00am | Pickleball 8:30-10:30 | Open Gym 8:45-1:00 | Pickleball 8:30-10:30 | Open Gym 8:45-1:00 | Pickleball 8:30-10:30 | Open Gym 9:30-1:00 | Drop-in CoEd Volleyball 8:00-12:00 |
| 9:30am | | | | | | | |
| 10:00am | | | | | | | |
| 10:30am | Drop-in Fit For Life 10:30-11:30 | | Drop-in Fit For Life 10:30-11:30 | | Drop-in Fit For Life 10:30am-11:30am | | |
| 11:00am | | | | | | | |
| 11:30am | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | | Drop-in Adult Basketball 11:30-1:30 | | |
| 12:00pm | | | | | | | |
| 12:30pm | | | | | | | |
| 1:00pm | Open Gym 1:30-2:30 | Drop-in Senior Basketball 1:00-2:30 | Drop-in Senior Basketball 1:00-2:30 | Open Gym 1:30-2:30 | Drop-in All Ages Basketball 1:00-5:00 | Drop-In All Ages Basketball 12:00-3:00 | |
| 1:30pm | | | | | | | |
| 2:00pm | | | | | | | |
| 2:30pm | Drop-In All Ages Basketball 2:30-5:00 | Drop-In All Ages Ball 2:30-5:00 | Open Gym 1:30-5:15 | Drop-In All Ages Basketball 2:30-5:00 | Drop-In All Ages Basketball 2:30-5:00 | | |
| 3:00pm | | | | | | | |
| 3:30pm | | | | | | | |
| 4:00pm | | | | | | | |
| 4:30pm | Drop-in HIIT 5:15-6:30 | Open Gym | Drop-in HIIT 5:15-6:30 | Open Gym | Open Gym 5:00-7:30 | Open Gym 3:00-8:00 | |
| 5:00pm | | | | | | | |
| 5:30pm | | | | | | | |
| 6:00pm | Indoor Kickball 6:30-9:30 | Open Gym 7:00-9:30 | Adult Drop-In Basketball 7:00-9:00 | Open Gym 7:00-9:30 | | | |
| 6:30pm | | | | | | | |
| 7:00pm | | | | | | | |
| 7:30pm | | | | | | | |
| 8:00pm | | | | | | | |
| 8:30pm | | | | | | | |
| 9:00pm | | | | | | | |
| 9:30pm | | | | | | | |
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GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulder-parks-rec.org](http://www.boulder-parks-rec.org)